



SPINAL ENERGETICS

What Is Spinal Energetics?

A New Approach for People Who Love Reiki

If you have found comfort and connection through Reiki, you may be curious about what else is out there in the world of energy work. Spinal Energetics is a newer, body-centered modality that shares some of the gentleness you appreciate in Reiki, but works differently — and for many people, more deeply.

“Your body already knows what it needs. Spinal Energetics simply creates the space for that intelligence to express itself.”

The Basics: Body-Led, Not Practitioner-Led

Spinal Energetics is a somatic, energy-based facilitation modality that works with your body's natural intelligence and spinal system. Unlike approaches that treat symptoms or diagnose conditions, it supports your nervous system in resolving protective strategies, completing unfinished physiological responses, and shifting holding patterns — all at your body's own pace.

Where Reiki channels universal energy through the practitioner's hands, Spinal Energetics follows the body's lead. The practitioner holds space and presence while your system guides the process. Nothing is forced or done “to” you. The three core principles are:

- **Body-Led** — Your nervous system directs the session. The practitioner follows, never leads.
- **Grounded in Physiology** — Rooted in real nervous system science, not mysticism. The expressions you experience (gentle waves, tremors, deeper breaths) are your body completing what it started.
- **Non-Invasive** — Gentle, safe, and respectful of your boundaries at every step.

How Spinal Energetics Relates to Reiki

If you already practice or receive Reiki, you understand the power of presence, intention, and working with the body's energy field. Spinal Energetics builds on a similar foundation but approaches the body through the spinal system specifically. Traditional Usui Reiki energy work is actually integrated into Tommy's

Spinal Energetics sessions — the two complement each other beautifully. Reiki promotes deep relaxation and opens the energy field, while Spinal Energetics provides a structured pathway for the nervous system to release and reorganize.

What Happens in a Session: The 8-Step Protocol

Each session follows a carefully designed 8-step process. Every step builds on the last, allowing your system to open at its own pace:

- 1. Breath Connection** — Settling into the body through conscious breath.
- 2. Spinal Check-In** — Observing where your spine holds tension or restriction.
- 3. Anchoring** — Creating a foundation of safety and grounding.
- 4. Pelvic Wave** — Gentle movement to activate the base of the spine.
- 5. Line of Awareness** — Tracing the full length of the spinal column with attention.
- 6. Expression** — Allowing the body to move, release, or express what it needs.
- 7. Closing the Cycle** — Completing the process and returning to stillness.
- 8. Post-Session Check-In** — Integration, rest, and gentle reflection.

The Role of Breathwork

Breathwork is woven throughout the session as a foundational tool. Conscious breathing techniques help regulate the nervous system and cultivate presence — anchoring your awareness in the body so that deeper processes can unfold. If you have experience with pranayama or holotropic breathwork, you will recognize the power of breath as a bridge between the conscious and the somatic.

Who Is This For?

Spinal Energetics is for anyone who feels called to a deeper, body-centered form of energy work. You might be drawn to it if you:

- Love Reiki and want to explore something that goes deeper into the nervous system
- Carry anxiety, overwhelm, or emotional reactivity that talk therapy alone has not resolved
- Feel “stuck” in protective patterns you cannot think your way out of
- Are curious about somatic work but want a gentle, non-invasive entry point
- Want to complement your existing wellness practices with something new

Ready to experience it for yourself?
Book a session at bluewaveenergetics.ca/book

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